

Mayo Clinic Minute

Advances in treatment of soft tissue injuries

Video	Audio
	Soft tissue injuries in muscles, tendons and ligaments, and osteoarthritis, can make moving around painful and limit your physical activity.
	But two specialized treatments are growing more common and can help you heal faster.
	The first is platelet-rich plasma.
00:16:18 JAMES PRESLEY, M.D. PHYSICAL MEDICINE AND REHABILITATION Mayo Clinic	“Platelet-rich plasma is a way of trying to harness the body’s immune system or the body’s own ability to heal tissues, concentrate it and then ‘spot-shoot’ it into the area of injury.”
	Dr. James Presley, a Mayo Clinic physical medicine specialist, says platelet-rich plasma treatment involves taking blood from your arm, processing it to concentrate the platelets, then injecting it directly into the affected area.
00:17:32 DR. JAMES PRESLEY:	“These treatments seem to be helpful in helping the healing process move along when it comes to tendon and ligament injuries, and potentially to help decrease pain and improve function in a joint that has some arthritis.”
	The second treatment is called bone marrow aspirate concentrate and involves extracting cells, including stem cells, from bone marrow in the pelvis; processing them into a solution; and injecting them into a painful joint.
00:19:16 DR. JAMES PRESLEY:	“The studies that have been done with this have shown patients have decreased pain and thereby improved function of a joint with mild to moderate osteoarthritis.”
	But Dr. Presley says the best thing you can do is protect your muscles, tendons and ligaments from injury by finding a

	happy medium between staying active and avoiding overuse.
	For the Mayo Clinic News Network, I'm Ian Roth.